to about 10% by weight of peroxygen compound in a pharmaceutically acceptable carrier;

(ii) delivering a second liquid composition to the receptacle, the second liquid composition comprising from about 1 to about 80% by weight of a bicarbonate salt in a pharmaceutically acceptable carrier;

(iii) transferring from the receptacle into the mouth a combination of the first and second liquid compositions within five minutes of their delivery to the receptacle; and

(iv) agitating the combination of first and second liquid compositions within the mouth against the gingival and periodontal tissues.

2. A method according to claim **1** wherein the receptacle is selected from the group consisting of a cup and a toothbrush.

3. A method according to claim **1** wherein the peroxygen compound is selected from the group consisting of hydrogen peroxide, urea peroxide, calcium peroxide and the salts of perborate, persilicate, perphosphate and percarbonate.

4. A method according to claim **1** wherein the second composition further comprises a fluoride source present in an effective amount to inhibit formation of caries on teeth.

5. A method according to claim **1** wherein the zinc salt is zinc citrate.

6. A method according to claim **1** wherein the first liquid composition has a pH ranging from 3.2 to 5.0.

7. A method according to claim **1** wherein the relative weight ratio of the first liquid composition to the second liquid composition ranges from about 1:2 to 2:1.

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